

PERSONAL ACTIVITY LOG



- 2 days/week _____ laps
- 3 days/week _____ laps
- 4 days/week _____ laps
- 5 days/week _____ laps
- 6 days/week _____ laps
- 7 days/week _____ laps

Student Name: _____

My move and improve goal is:

GRADE _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 5/1 - 5/7							
Week 2 5/8 - 5/14							
Week 3 5/15 - 5/21							
Week 4 5/22 - 5/28							
Week 5 5/29 - 6/4							
Week 6 6/5 - 6/11							
Week 7 6/12 - 6/18							
Week 8 6/19 - 6/25							
Week 9 6/26 - 7/2							
Week 10 7/3 - 7/9							
Week 11 7/10 - 7/16							
Week 12 7/17 - 7/23							
Week 13 7/24 - 7/30							
TOTALS							

Milbridge on the Move is presented by

Women's Health Resource Library

www.whrl.org

TOTAL LAPS WALKED :

Supported by **Bangor Savings Bank "Community Matters More"** donation

Milbridge on the Move

presented by *Women's Health Resource Library*

"MOM" *is a community wide initiative aimed at increasing physical activity among the citizens of our town.*

Starting Monday, May 2, the elementary school will be conducting their own "contest" to increase physical activity among students. Interested students have the opportunity to walk "laps" during recess.

Laps will be on the asphalt area behind the school.

Student Council Involvement:

The student council members will help organize and monitor the students during recess. They will help the students fill out their logs and keep track of amount of laps walked. These students will earn volunteer hours.

There will be prizes awarded in three Grade Groups

K-2 3-5 6-8

Prizes awarded to winners at the school's awards ceremony.

Start Date:	End Date
May 1, 2011	June 17, 2011

This contest is limited to school hours, although we encourage students to walk at home as well and involve all family members.

Parents and older siblings can pick up Milbridge on the Move packets at Women's Health Resource Library, the Milbridge Town Office, or download online at

www.whrl.org/mom

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Before Milbridge on the Move:

How often do you walk, jog, hike, ride bike etc?

_____ Days per week

Do you consider yourself

- Not very Active
- Somewhat Active
- Active
- Very Active



AFTER Milbridge on the Move:

How often do you walk, jog, hike, ride bike etc?

_____ Days per week

Do you consider yourself

- Not very Active
- Somewhat Active
- Active
- Very Active